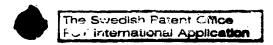


## CLAIMS

- 1. A sports drink comprising micronutrients in combination with conventional additives for sport drinks, characterized in containing 1-2 g of micronutrients selected from the group consisting of ascorbic acid, vitamin E,  $\beta$ -carotene, pyridoxine, thiamine, riboflavin, niacin, cobalamin, folacin, Q10, copper, magnesium, manganese, selenium, zinc and chromium, per 1000 g in combination with viable lactobacilli having a positive effect on human intestinal mucosa.
- 2. A sports drink according to claim 1, characterised in containing one or several strains of Lactobacillus acidophilus, Lactobacillus casei, Lactobacillus fermentum, Lactobacillus paracasei, Lactobacillus plantarum, Lactobacillus reuteri, Lactobacillus rhamnosus having the ability to colonise in the intestines, in a therapeutically effective amount.
- 3. A sports drink according to claim 1 or 2, characterized in containing the micronutrients vitamin C, vitamin E, and selenium.
- 4. A sports drink according to any of claims 1-3, characterized in containing the micronutrients ascorbic acid, vitamin E,  $\beta$ -carotene, pyridoxine, copper, magnesium, manganese, selenium, and zinc.
- 5. A sports drink according to any of claims 1-4, characterised in containing per 1000 g

ascorbic acid	500 <sup>1</sup> 71200 mg
vitamin E	250-375 mg
$\beta$ -carotene	15-25\mg
pyridoxine	15-25 ກ່ຽ
sodium	20-60 mg
potassium	60-100 mg
copper	0.5-1.5 mg
magnesium	120-175 mg∕
manganese	1-3 mg
selenium	0.05-0.15 mg
zinc	5-15 mg

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6. A sports drink according to any of claims 1-5, which comprises proteins, optionally in combination with amino acids.

- 7. A\sports drink according to claim 6, wherein the protein is a whey protein or whey protein hydrolysate.
- 8. A sports drink according to any of claims 1-7, which comprises carbohydrates having a low glycemic index, optionally in combination with carbohydrates of a high glycemic index.
- 9. A sports drink according to any of claims 1-8, characterised in containing per 1000 g

whey proteins carbohydrates micronutrients 15-60 g 40-150 g

1-2 g

a probiotic strain of

Lactobacillus plantarum

 $5.10^7 - 5.10^8 \text{ cfu/ml}$ 

- 10. A sports drink according to any of claims 1-9, characterised in containing Lactobacillus plantarum 299v (DSM 9843).
- 11. A sports drink according to any of claims 1-10 for use as a medicament for increasing the antioxidative capacity.
- 12. Tablet for the preparation of a sports drink according to any of claims 1-10 in vivo or in vitro, characterised in that it comprises micronutrients in combination with freeze-dried, viable lactobacilli.
- 13. Use of lactobacilli for the preparation of a sports drink according to any of claims 1-10 to prevent and treat stress symptoms, gastrointestinal disturbances, \and lesions of the mucous membrane of the intestines.

